

# Fruit and Vegetable Test

## Summary

Testing the students knowledge on the importance of fruits and vegetables in the diet, the recommended servings and serving sizes, and the nutrients provided from eating fruits and vegetables particularly vitamin and minerals. In addition, selection, care and preparation guidelines in preserving the nutrients, color, flavor and texture in preparing vegetable and fruit food products.

## Main Core Tie

Food And Nutrition

[Strand 5 Standard 4](#)

## Time Frame

1 class periods of 90 minutes each

## Group Size

Individual

## Materials

Handouts:

Test on Fruits and Vegetables Vitamins and Minerals

Materials needed:

Red pencils or pen for correcting

## Background for Teachers

The teacher needs to have a good understanding about vegetables and fruits, their importance in the body, how to select and care for them and the preparation guidelines to preserve the nutrients, color, flavor and texture.

## Student Prior Knowledge

The student needs to know the importance of vegetables and fruits in the diet, the nutrients they contain, and how to select and prepare them to preserve the nutrients, color, flavor and texture.

## Intended Learning Outcomes

The student will be able to identify vitamins and minerals, their sources and functions in the body and deficiencies. They will know the importance of eating fruits and vegetables, the recommended number of servings and serving sizes, how to select, use and store them and the guidelines in preparing a food product to preserve the nutrients, color, flavor and texture.

## Instructional Procedures

Home Assignment: Collect the home assignments for both the fruit and vegetable and samples.

Test: If time is available, let the students review their notes and ask questions prior to taking test.

Hand out the test to each student.

Read and explain the test. The first part is especially confusing as it is a matching problem but with three columns. The first two columns are like any matching problem where you match column 1 with column 2. Then you ignore column 2 and its answers and then using the botanical names for fruits and vegetables in column 1 identify them as the botanical name for fruit or vegetable by circling the F

or V in column 3.

Allow the students enough time to complete the test. When all of the tests are completed, orally correct the test using the red pencils or pens. Turn in the corrected tests before leaving to record the scores.

Authors

[DEBRA PAULL](#)